

PUSH BALL RELAYS

- Divide the students into 2 groups. Divide each of the groups in half and place in shuttle formation.
- Each student or students will move the ball in the designated manner to his teammates who are across the grass and will remain at the end of that line.
- All players do the same thing until everyone has had a turn.
- Drills- 1. Push the ball with 2 hands. 2. Push the ball with 1 hand. 3. Carry the ball with both hands, 4 people. 4. Carry the ball, no hands 4 people. 5. Carry the ball but all teammates must be holding hands and the ball is resting on their arms.